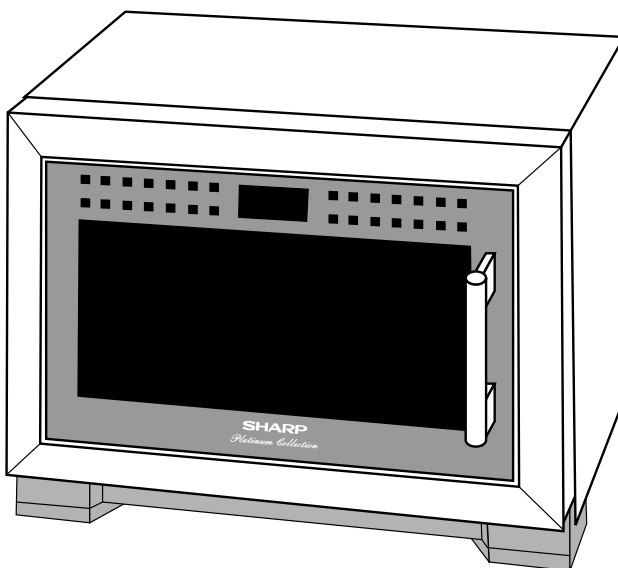


微波爐
MICROWAVE OVEN



R-582D

使用說明書
OPERATION MANUAL



目錄

頁數

警告	C-1
特別注意事項	C-2
安裝事宜	C-3
各部位名稱	C-3
軟鍵控制板指南	
顯示器	C-4
觸按式軟鍵控制板	C-4
操作前	C-5
烹調開始前之須知	C-5
時鐘時間設定方法	C-5
暫停/取消軟鍵的用法	C-5
取消烹調中所編定的程序	C-5
微波烹調技巧	C-6
自選烹調功能	
自選烹調時間的設定方法	C-7
順序分段烹調	C-8
即時烹調	C-8
緩速烹調	C-9
自動烹調功能	
自動烹調須知	C-10
感測翻熱	C-11
感測翻熱指南	C-11
感測烹調	C-12
感測烹調指南	C-14
高速解凍	C-16
高速解凍指南	C-17
簡便解凍	C-18
簡便解凍指南	C-19
其他簡便功能	
功能查閱 (INFO)	C-20
減少/增加功能的設定	C-23
烹調進行時時間的調節	C-24
定時器設定	C-25
提示鈴聲	C-25
清洗及注意事項	C-26
維修前的檢查	C-26
規格	C-26

CONTENTS

Page

Warning	E-1
Special Notes	E-2
Installation Instructions	E-3
Oven Diagram	E-3
Operation of Touch Control Panel	
Control Panel Display	E-4
Touch Control Panel Layout	E-4
Before Operating	E-5
Getting Started	E-5
Clock Setting	E-5
Stop/Clear	E-5
To Cancel a Programme During Cooking	E-5
Microwave Cooking Techniques	E-6
Manual Operations	
Microwave Time Cooking	E-7
Sequence Cooking	E-8
Instant Cook	E-8
Slow Cook	E-9
Automatic Operations	
Notes for Automatic Operations	E-10
Sensor Reheat	E-11
Sensor Reheat Menu Guide	E-11
Sensor Menu	E-12
Sensor Menu Menu Guide	E-14
Express Defrost	E-16
Express Defrost Menu Guide	E-17
Easy Defrost	E-18
Easy Defrost Menu Guide	E-19
Other Convenient Features	
Help Feature (INFO)	E-20
Less/More Setting	E-23
Adjust Time During the Cooking Program	E-24
Timer	E-25
Alarm	E-25
Care and Cleaning	E-26
Service Call Check	E-26
Specifications	E-26

WARNING

Read all instructions before using the appliance.

1. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
 - d. After use wipe the waveguide cover with a damp cloth, followed by a dry cloth to remove any food splashes and grease. Built-up grease may overheat and begin to cause smoke or catch fire.
 - e. If materials inside the oven should smoke or ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - f. Attend the oven closely when using disposable containers made from plastic, paper or other combustible material.
2. To reduce the risk of explosion and sudden boiling:
 - a. Do not place sealed containers in the oven. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. When boiling liquids in the oven, use the wide-mouthed container and stand about 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
3. This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
It is not suitable for commercial or laboratory use.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Do not try to adjust or repair the oven yourself because of hazard. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.
6. Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals and Sealing Surfaces.
7. Do not catch the utensil, your clothes or accessories on the door safety latches when you take out the food from the oven.
8. Should the power supply cord become damaged, it must be replaced with a special cord supplied or approved by the SHARP SERVICE CENTRE. And it must be replaced by a qualified service technician trained by SHARP.
9. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surface or sharp edges.
10. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
11. After cooking, use oven mittens when taking out the food and avoid steam burns by directing steam away from the face and hands.
12. Slowly lift the furthest edge of dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.
13. To prevent the turntable from breaking:
 - a. Before cleaning the turntable with water, leave the turntable to cool.
 - b. Do not put hot foods or hot utensils on the cold turntable.
 - c. Do not put cold foods or cold utensils on the hot turntable.
14. Do not place anything on the outer cabinet.
15. Make sure the utensil does not touch the interior walls during cooking.
16. Do not store food or any other items inside the oven.
17. This appliance is not intended for use by young children or infirm persons without supervision.
18. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
19. Young children should be supervised to ensure that they do not play with the appliance.

SPECIAL NOTES

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Stir liquids briskly before and after cooking for even heating. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. * For boiling or cooking liquids see WARNING on page E-1. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Deep fry fat. * Dry wood, herbs, or wet papers. * Operate the oven empty.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * These foods have high sugar and/or fat contents. * Cook for the recommended time. 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof rack or plate to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparkling, therefore reduce foil and keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls as sparkling can damage the oven.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity and the feature sticker from the oven door panel (if available). Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by the SHARP SERVICE CENTRE and repaired, if necessary.
2. Accessories provided
1) Turntable 2) Roller Stay 3) Operation Manual 4) Cookbook
3. Fit the roller stay and turntable referring to OVEN DIAGRAM below. Place the roller stay on the bottom of oven and seat the turntable on the roller stay, while aligning well with the coupling in the centre. NEVER use the oven without the turntable and roller stay.
4. The oven should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.
The oven should be installed so as not to block ventilation openings.
Allow space of at least 15cm from top of the oven for air ventilation.
This oven is not designed to be built-in to a wall or cabinet.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
The A.C. voltage and frequency must correspond to the one indicated on the rating plate on the back of the oven.
6. This appliance must be earthed:

IMPORTANT

The wires in power supply cord are coloured in accordance with the following code:

Green-and-yellow	: Earth
Blue	: Neutral
Brown	: Live

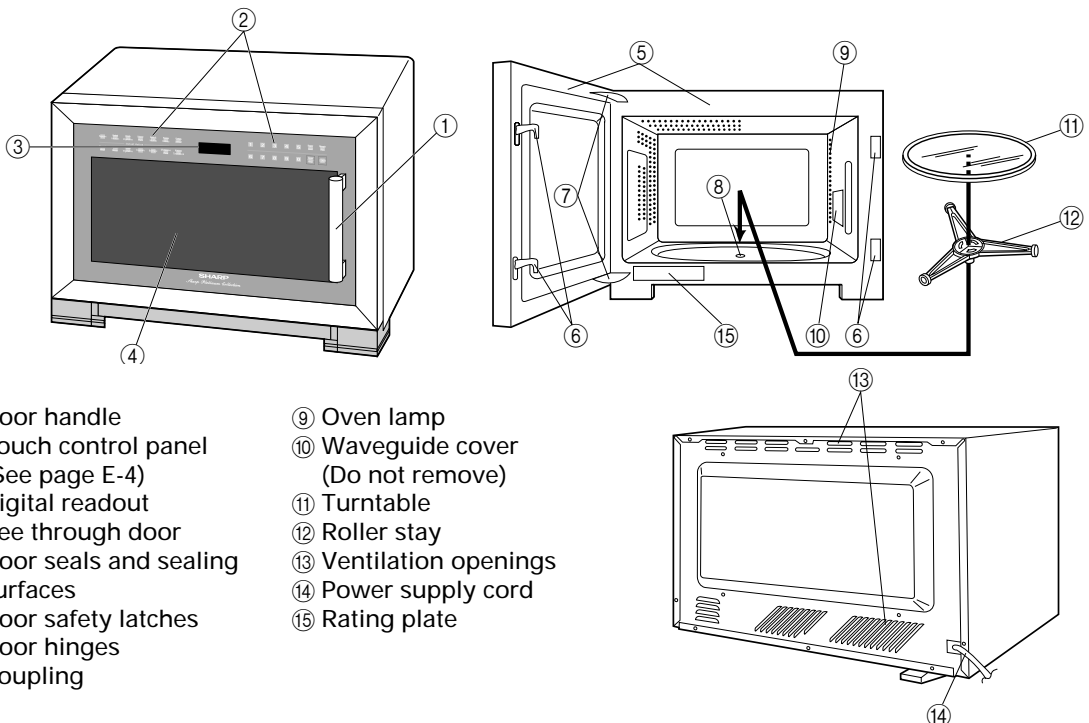
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \perp or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

OVEN DIAGRAM



OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

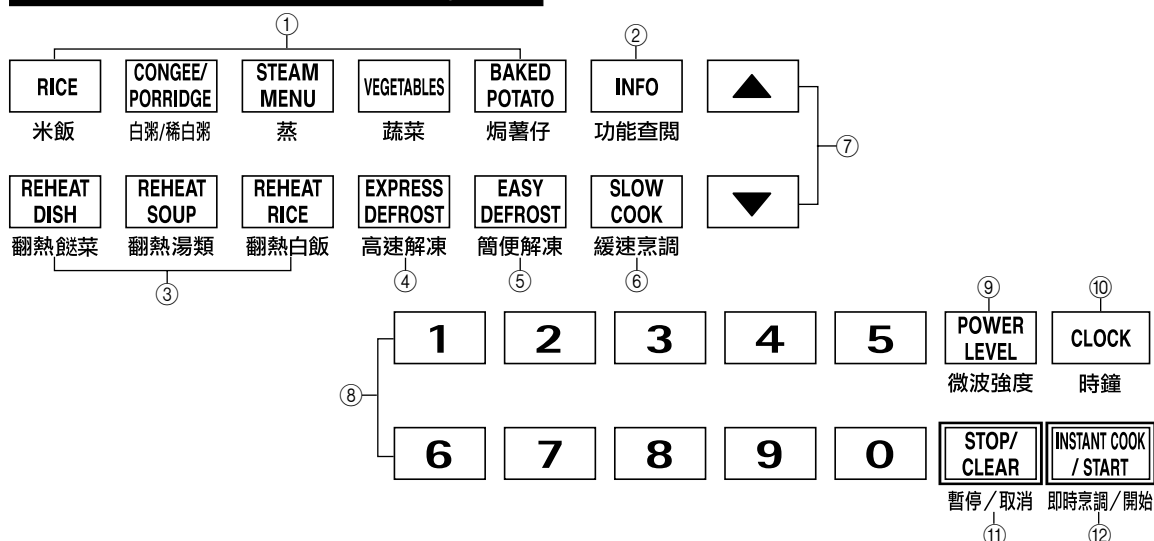
An entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

Control Panel Display



Touch Control Panel Layout



① SENSOR MENU PADS
Press to select Sensor Menu.

② INFO PAD
Press to select auto start, child lock, language or demonstration modes. Press to get cooking information.

③ SENSOR REHEAT PADS
Press to reheat popular menus.

④ EXPRESS DEFROST PAD
Press to select the Express Defrost menu.

⑤ EASY DEFROST PAD
Press to defrost meat by entering the weight.

⑥ SLOW COOK PAD
Press to cook slowly and for a longer time.

⑦ MORE (▲), LESS (▼) PADS
Press to adjust the doneness of food in one minute increments during cooking or to increase/decrease the time whilst programming the automatic operations.

⑧ NUMBER PADS
Press to enter cooking times, clock time or weight of food.

⑨ POWER LEVEL PAD
Press to select microwave power setting. If not pressed, 100% (HIGH POWER) is automatically selected.

⑩ CLOCK PAD
Press to set clock or timer.


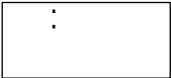
⑪ STOP/CLEAR PAD
Press to clear during programming. Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

⑫ INSTANT COOK/START PAD
Press to start oven after setting programmes. Press once to cook for 1 minute on 100% (HIGH POWER) or increase by 1 minute multiples each time this pad is pressed during cooking.

Before Operating



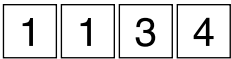
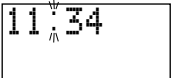

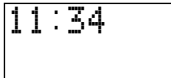
- * This oven is preset with the OPERATION GUIDE in English.
To assist you in programming your oven, the operation guide will appear in the display.
In this manual, the display of operation guide is abbreviated.
- * You can get operation guide in English, Malay or Russian.
To change the language, see page E-22.

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point. Ensure the oven door is closed.		SHARP MICRO-WAVE OVEN will be displayed repeatedly.
2	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

Clock Setting

- * To enter the present time of day e.g. 11:34 (AM or PM):

Step	Procedure	Pad Order	Display
1	Press the CLOCK pad.		 The dots (:) will flash on and off.
2	Enter the correct time of day by pressing the numbers in sequence.		
3	Press the CLOCK pad again.		

This is a 12 hour clock. If you attempt to enter an incorrect clock time (Ex. 13:45), ERROR will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (Ex. 1:45).
The clock of the oven works based on the frequency of power source. So it may gain or lose in some area where the frequency varies. It is recommended that you should adjust the time occasionally.
If you wish to know the time of day during the cooking mode, press the CLOCK pad. As long as your finger is pressing the CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:

1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MICROWAVE COOKING TECHNIQUES

<u>Arrange food carefully</u>	Place thickest areas toward outside of dish.
<u>Watch cooking time</u>	Cook for the shortest amount of time indicated and add more time as needed. Food severely over-cooked can smoke or ignite.
<u>Cover foods before cooking</u>	Check recipe for suggestions: paper towels, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
<u>Shield foods</u>	Use small pieces of aluminium foil to cover thin areas of meats or poultry in order to avoid overcooking.
<u>Stir foods</u>	From outside to center of dish once or twice during cooking, if possible.
<u>Turn foods</u>	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
<u>Rearrange foods</u>	Like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
<u>Allow standing time</u>	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover for standing time which allows the food to finish cooking without overcooking.
<u>Check for doneness</u>	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none"> - Food steams throughout, not just at edge. - Poultry thigh joints move easily. - Pork and poultry show no pinkness. - Fish is opaque and flakes easily with a fork.
<u>Condensation</u>	A normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
<u>Browning dish</u>	When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable, roller stay and coupling due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.
<u>Microwave safe plastic wrap</u>	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
<u>Microwave safe plastic cookware</u>	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.

MANUAL OPERATIONS

Microwave Time Cooking

When cook under microwave manually, first enter the cooking time, then the power level.

You can programme up to 99 minutes, 99 seconds.

There are five different power levels.

Power level	<div><div>10% (LOW)</div><div>30% (MEDIUM LOW)</div><div>50% (MEDIUM)</div><div>70% (MEDIUM HIGH)</div><div>100% (HIGH)</div></div>				
	Keeping food warm	Defrost, Softening butter	Delicate Food such as Eggs or Seafood		Raw meat, Vegetables, Rice or Pasta
Examples					

This variable cooking control allows you to select the rate of microwave cooking.





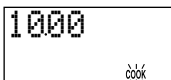

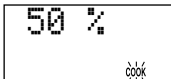

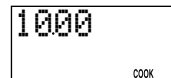
If a power level is not selected, then 100% (HIGH POWER) is automatically used.

* Suppose you want to cook vegetables for 2 minutes 30 seconds on 100% (HIGH POWER):

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	  	 COOK will flash on and off.
2	Press the INSTANT COOK/START pad.	 即時烹調 / 開始	 The timer begins to count down.

To lower the power press the POWER LEVEL pad until desired power level is displayed.

* Suppose you want to cook Fish Fillets for 10 minutes on 50% (MEDIUM POWER):

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	   	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	 微波強度 x 3	 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.	 即時烹調 / 開始	 The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.

If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is pressing the POWER LEVEL pad, the power level will be displayed.

Sequence Cooking

Your oven can be programmed for up to 3 cooking sequences, switching from one variable power setting to another automatically.

* Suppose you want to cook for 10 minutes on 50% (MEDIUM POWER) followed by 5 minutes on 100% (HIGH POWER):

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required. (for 50% press three times)		
3	For second sequence, enter desired cooking time. (If power is not selected the oven will operate at 100%).		
4	Press the INSTANT COOK/START pad.		 The timer begins to count down. When it reaches zero, the second sequence will appear and the timer will begin to count down again.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% (HIGH POWER).

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. (Within 3 minutes of closing the door.)		 The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed.

Each time the pad is pressed during cooking, the cooking time is increased by 1 minute.


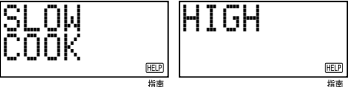

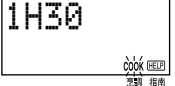

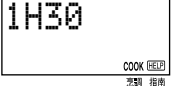
Slow Cook



To select SLOW COOK HIGH, press the SLOW COOK pad once.
To select SLOW COOK LOW, press the SLOW COOK pad twice.

The SLOW COOK setting is designed for food which needs longer cooking time. For example, stewing, braising, boiling soup or Chinese desserts of liquid type. The SLOW COOK setting provides two choices: SLOW COOK HIGH or SLOW COOK LOW. The maximum cooking time is 2 hours for each choice when cook manually.

* Suppose you want to cook stew chicken on SLOW COOK HIGH for 1 hour 30 min:

Step	Procedure	Pad Order	Display
1	Press the SLOW COOK pad once.	 緩速烹調 x 1	
2	Enter desired cooking time.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.	 即時烹調 / 開始	 The cooking time will count down to zero. After cooking the oven will "beep".

NOTE

1. If you need to check the food doneness during cooking, you can press the STOP/CLEAR pad once and open the oven door, then check and stir. After that close the door and press the INSTANT COOK/START pad to resume cooking.
2. Combination of HIGH and LOW for cooking in 2 stages is possible. But combination between SLOW COOK and other features is not possible.
3. If you wish to know the level of slow cook during cooking, press the POWER LEVEL pad. As long as your finger is pressing the POWER LEVEL pad, SLOW COOK HIGH or SLOW COOK LOW will be displayed.

SPECIAL NOTES ON SLOW COOKING

For better cooking result, always try to:

1. Cut the ingredients into smaller pieces.
2. Add in adequate liquid as medium (eg: water, sauce) and try to submerge the ingredients into the liquid in order to avoid scorching. This is especially important when stew meat or chicken soup is prepared.
3. When soup or large quantity is prepared, make sure that the water level is at least 1 1/2 inches (3.8cm) from the rim of casserole, otherwise spill over may result.
4. Do not add too much seasonings or salt at the initial stage of cooking. Try to add (especially salt) soon after or just after finish.
5. Cook with the casserole lid on. Also please do not open the lid during cooking as this may disturb the cooking sequence.
6. Stir and stand after cooking.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on SENSOR REHEAT or SENSOR MENU.
2. After oven is plugged in, wait 2 minutes before using SENSOR REHEAT or SENSOR MENU.
3. ERROR will be displayed if:
 - (a) more or less than the quantity or weight of foods suggested in the EASY DEFROST MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.
To clear, press the STOP/CLEAR pad and reprogramme.
 - (b) the door is opened or the STOP/CLEAR pad is pressed before the cooking time is displayed in sensor cooking.
To clear, press the STOP/CLEAR pad and cook manually.
4. When cooking small quantities of food on SENSOR REHEAT or SENSOR MENU, the food may be cooked without displaying any remaining cooking time or requiring any operations during the cooking.
5. Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
6. To change the final cooking result from the standard setting, press the MORE (▲) or LESS (▼) pad prior to pressing the INSTANT COOK/START pad.
7. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
8. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
9. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 0.35kg would become 0.4kg.

Sensor Reheat

REHEAT
DISH

翻熱餸菜

REHEAT
SOUP


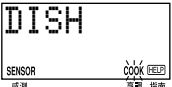

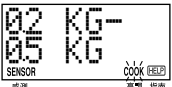

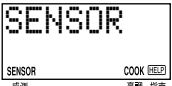
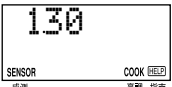
翻熱湯類

REHEAT
RICE

翻熱白飯

SENSOR REHEAT will automatically compute the power level and cooking time for 3 popular menus. Follow the details provided in SENSOR REHEAT MENU GUIDE below.

* Suppose you want to reheat Dish of 360g:

Step	Procedure	Pad Order	Display
1	Press the REHEAT DISH pad.	 翻熱餸菜	 COOK will flash on and off.
	If you require a cooking hint, press the INFO pad.	 功能查閱	
2	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 1 min. 30 sec.)	 即時烹調 / 開始	  The cooking time will begin counting. When it reaches zero, the oven will "beep". STIR STAND COVERED will be displayed repeatedly.

You can get a cooking hint whenever Help is lit in the display. See page E-22.

Sensor Reheat Menu Guide

MENU	INITIAL TEMPERATURE	QUANTITY	PROCEDURE
Dish Lunch/ Dinner plate Meat Dish	8-12°C Refrigerated temperature	200-500g	<ul style="list-style-type: none"> Put on a flat ceramic dish, 22-28cm in diameter. Cover with microwave wrap. Sprinkle with water (2 tbsp) is recommended to add if the meat is dry before reheating. Leave around 1 inch (2.5cm) gap on ONE SIDE to allow steam escape. After reheating, stir and stand covered for 1 minute.
Rice Plate of Rice	8-12°C Refrigerated temperature	200-500g	<ul style="list-style-type: none"> Put on a flat ceramic dish, 22-28cm in diameter. Cover with microwave wrap. Sprinkle with water (1-2 tbsp) is recommended to add if the rice is dry before reheating. Leave around 1 inch (2.5cm) gap on ONE SIDE to allow steam escape. After reheating, stir and stand covered for 1 minute.
Soup Clear soup Cream soup Soup with vegetables and bone	15-20°C Room temperature	1-4 cups (1 cup, approx. 250ml)	<ul style="list-style-type: none"> Use a soup bowl for 1 cup and a 2-litre casserole for 2 cups or more. Cover with microwave wrap. Leave around 1 inch (2.5cm) gap on ONE SIDE to allow steam escape. Place off centre of turntable for 1 cup. (For 2-4 cups, place along the rim of turntable.) After reheating, stir.

Sensor Menu

SENSOR MENU will automatically compute the power level and cooking time. SENSOR MENU has 5 categories. There are 2 ways to select a menu. One is for Rice or Baked Potato. The other is for Congee/ Porridge, Steam Menu or Vegetables. Refer to each procedure and follow the details provided in SENSOR MENU MENU GUIDE on page E-14 and E-15.

(1) For Rice or Baked Potatoes

RICE

米飯

BAKED
POTATO

焗薯仔

To select a menu, press the desired SENSOR MENU pad.

* Suppose you want to cook 2 Baked Potatoes:

Step	Procedure	Pad Order	Display
1	Press the BAKED POTATO pad.	BAKED POTATO 焗薯仔	BAKED POTATO SENSOR COOK HELP 感應 烹調 指南 COOK will flash on and off.
	If you require a cooking hint, press the INFO pad.	INFO 功能查閱	1 PC- 6 PCS SENSOR COOK HELP 感應 烹調 指南
2	Press the INSTANT COOK/START pad. *When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 8 min. 18 sec.)	INSTANT COOK / START 即時烹調 / 開始	SENSOR SENSOR COOK HELP 感應 烹調 指南 818 SENSOR COOK HELP 感應 烹調 指南 The cooking time will begin counting down. The oven will "beep" 4 times and will stop. TURN FOOD OVER will be displayed repeatedly.
3	Open the door. Turn over potatoes. Close the door.		PRESS START will be displayed repeatedly.
4	Press the INSTANT COOK/START pad.	INSTANT COOK / START 即時烹調 / 開始	609 SENSOR COOK HELP 感應 烹調 指南 The cooking time will begin counting. When it reaches zero, the oven will "beep". STAND COVERED WITH FOIL will be displayed repeatedly.

You can get a cooking hint whenever Help is lit in the display. See page E-22.

(2) For Congee/Porridge, Steam Menu or Vegetables

CONGEE/
PORRIDGE

白粥/稀白粥

STEAM
MENU

蒸

VEGETABLES

蔬菜

To select a menu, press the desired SENSOR MENU pad until the menu of your choice is displayed.

* Suppose you want to cook 350g Fish with Steam Menu:

Step	Procedure	Pad Order	Display
1	Press the STEAM MENU pad until the desired menu is displayed (for Fish press once).	<div>STEAM MENU</div> <div>蒸</div> <div>x 1</div>	<div>FISH</div> <div>SENSOR</div> <div>COOK</div> <div>蒸測 烹調 指南</div> <div>COOK will flash on and off.</div>
2	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 5 min. 04 sec.)	<div>INSTANT COOK / START</div> <div>即時烹調/開始</div>	<div>SENSOR</div> <div>SENSOR</div> <div>COOK</div> <div>蒸測 烹調 指南</div> <div>504</div> <div>SENSOR</div> <div>COOK</div> <div>蒸測 烹調 指南</div> <div>The cooking time will begin counting. When it reaches zero, the oven will "beep". STAND COVERED will be displayed repeatedly.</div>

You can get a cooking hint whenever Help is lit in the display. See page E-22.

Sensor Menu Menu Guide

PAD	MENU	QUANTITY	PROCEDURE									
<div>RICE</div> <div>米飯 x 1</div>	Rice	1-2 serves	<ul style="list-style-type: none">Wash rice until water runs clear.Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking).Stir and cook with cover.After cooking, stir lightly and stand for 5 mins with a cover.									
		<table><tr><th>Serving (s)</th><th>Rice</th><th>Water</th></tr><tr><td>1 serve (1-2 persons)</td><td>150g</td><td>250ml</td></tr><tr><td>2 serves (3-5 persons)</td><td>300g</td><td>480ml</td></tr></table>	Serving (s)	Rice	Water	1 serve (1-2 persons)	150g	250ml	2 serves (3-5 persons)	300g	480ml	
Serving (s)	Rice	Water										
1 serve (1-2 persons)	150g	250ml										
2 serves (3-5 persons)	300g	480ml										
<div>CONGEE/ PORRIDGE</div> <div>白粥/稀白粥 x 1</div>	Congee	1-2 serves	<ul style="list-style-type: none">Wash rice until water runs clear.Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking).Stir and cook uncovered.After cooking, stir lightly and stand for 5 mins.									
		<table><tr><th>Serving (s)</th><th>Rice</th><th>Water</th></tr><tr><td>1 serve (1-2 persons)</td><td>50g</td><td>750ml</td></tr><tr><td>2 serves (3-5 persons)</td><td>80g</td><td>1400ml</td></tr></table>	Serving (s)	Rice	Water	1 serve (1-2 persons)	50g	750ml	2 serves (3-5 persons)	80g	1400ml	
Serving (s)	Rice	Water										
1 serve (1-2 persons)	50g	750ml										
2 serves (3-5 persons)	80g	1400ml										
	<div>Menu Variation</div> <div>eg ★ Congee with Pallock Fish and Peanuts</div> <div>Ingredients: 100g Pallock Fish (fried; chopped)</div> <div>(3-5 persons) 50g Peanuts</div> <div>1 slice Salted Turnip (chopped)</div> <div>3 Spring Onions (chopped)</div> <div><div>NOTE</div> The ingredients can be added just after finish, with salted turnip and spring onions as garnish and sprinkles on top.</div> <div>★ Congee with Salted Pork and Preserved Duck Eggs</div> <div>Ingredients: approx. 230g (1/2 lb) lean pork (chopped)</div> <div>(3-5 persons) 2 preserved duck eggs (diced)</div> <div><div>NOTE</div> The ingredients can be added 10 min. before finish.</div>											
<div>CONGEE/ PORRIDGE</div> <div>白粥/稀白粥 x 2</div>	Porridge	1-2 serves	<ul style="list-style-type: none">Wash rice until water runs clear.Place rice and water into a deep casserole (about 2ℓ) and soak for 15 mins (stir rice a few times during soaking).Stir and cook uncovered.After cooking, stir lightly and stand for 5 mins.									
		<table><tr><th>Serving (s)</th><th>Rice</th><th>Water</th></tr><tr><td>1 serve (1-2 persons)</td><td>70g</td><td>700ml</td></tr><tr><td>2 serves (3-5 persons)</td><td>90g</td><td>1400ml</td></tr></table>	Serving (s)	Rice	Water	1 serve (1-2 persons)	70g	700ml	2 serves (3-5 persons)	90g	1400ml	
Serving (s)	Rice	Water										
1 serve (1-2 persons)	70g	700ml										
2 serves (3-5 persons)	90g	1400ml										
	<div>Menu Variation</div> <div>You can enjoy the variation by putting some ingredients into Porridge just after finish or 10 mins before finish.</div> <div>eg ★ Chicken Porridge: 200g Chicken (cut small pieces, precooked)</div> <div>(3-5 persons) Spring Onion, cut 3cm long</div> <div>★ Fish Porridge :</div> <div>(3-5 persons) 250g Fish (precooked)</div> <div>2 slices Ginger (cut into stripes)</div>											

NOTE

- Water temperature should be about 20°C at initial cooking.
- 1 tael=38 grams.

PAD	MENU	INITIAL TEMPERATURE	QUANTITY	PROCEDURE
STEAM MENU 蒸 x 1	Steam Fish eg: Sea Bream Red Snapper Carp Pomfret Golden Thread Black Mullet Flatfish Garoupa etc.	8-12°C	130-420 g	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few slits on the skin of fish, pierce the eyes of fish. Put on a shallow dish, 22-28 cm in diameter. Sprinkle lightly with water, salt and oil. Put green onion and ginger slices on top. Cover with microwave wrap. Leave around 1 inch (2.5 cm) gap on ONE SIDE to allow steam escape. After cooking, stand covered for 2 minutes.
STEAM MENU 蒸 x 2	Steam Meat eg: Pork patty Beef patty Spare rib cubes Chicken pieces etc.	8-12°C	180-520 g	<ul style="list-style-type: none"> Marinate the meat. For meat patty, try to make it a thin layer especially in the centre. Put on a shallow dish, 22-28 cm in diameter. Cover with microwave wrap. Leave around 1 inch (2.5 cm) gap on ONE SIDE to allow steam escape. After cooking, stand covered for 2 minutes.
VEGETABLES 蔬菜 x 1	Fresh Vegetables Broccoli (florets) Lettuce (shreds) Asparagus (in strips) Chinese Celery Cabbage (Shreds) Spinach (halves) Onions (shreds) Mange-tout (whole) Corn-on-the-cob (whole or halves) Green Pepper (strips)	20-25°C Room temperature	0.1-1.0 kg	<ul style="list-style-type: none"> Wash vegetables, then remove excess water. Cut & trim the vegetables into florets, shreds or strips. Put on a flat ceramic plate (28-31cm in diameter), sprinkle sparingly with salt & oil. Cover loosely with microwave wrap. Leave around 1 inch (2.5 cm) gap on ONE SIDE to allow steam escape. After cooking, stir. <p>NOTE 1. For hard type of vegetables, use MORE setting for better result (see page E-23), and let it stand for a while after cooking for better results. 2. For other vegetables that are not suggested here, please cook manually.</p>
VEGETABLES 蔬菜 x 2	Frozen Vegetables Broccoli (florets) Califlower (florets) Asparagus (in strips) Green Beans Mange-tout (whole) Corn-on-the-cob (whole or halves) Brussels Sprouts	-18°C Frozen temperature	0.1-1.0 kg	<ul style="list-style-type: none"> Before cooking, separate vegetables (eg. broccoli) as much as possible. Put on a flat ceramic plate (28-31 cm in diameter), add water (2-3 tbsp) if necessary. Cover loosely with microwave wrap. Leave around 1 inch (2.5 cm) gap on ONE SIDE to allow steam escape. After cooking, stir and stand covered for 2 minutes. <p>NOTE For ice covered vegetables, rinse to wash away the ice blocks, then drain and cook manually.</p>
BAKED POTATO 焗薯仔 x 1	Baked Potato Potato (whole)	20-25°C Room temperature	1-6 pieces (1 piece, approx. 200 to 250 g)	<ul style="list-style-type: none"> Use washed new potatoes. Pierce a few times with fork on each side. Place on outside of turntable. If one piece only, place on the centre. Half way the oven will "beep" and stop, TURN FOOD OVER will flash on and off. Turn over potatoes and press INSTANT COOK/START pad to continue cooking. After cooking, stand and covered with aluminium foil for 3-10 minutes.

Express Defrost



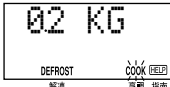

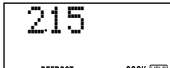

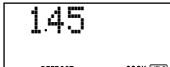
**EXPRESS
DEFROST**

高速解凍

1. Minced Meat
2. Chicken Pieces
3. Steak/Chops

EXPRESS DEFROST rapidly defrosts 3 types of meat in specific weights.
Follow the details provided in Express Defrost Menu Guide on page E-17.

* Suppose you want to defrost 0.2 kg of Minced Meat:

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu number is displayed (for Minced Meat press once).	 x 1	  COOK will flash on and off.
2	Press the INSTANT COOK/ START pad.	 即時烹調 / 開始	 The defrosting time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. TURN FOOD OVER will be displayed repeatedly.
3	Open the door. Remove defrosted portions, turn over and shield edges with foil strips. Close the door.		PRESS START will be displayed repeatedly.
4	Press the INSTANT COOK/ START pad.	 即時烹調 / 開始	 The defrosting time will continue counting down. When it reaches zero, the oven will "beep" and STAND COVERED WITH FOIL will be displayed.

Express Defrost Menu Guide

No.	MENU	QUANTITY	PROCEDURE
1	Minced Meat Beef	0.2 kg	<ul style="list-style-type: none"> Place frozen minced meat on a shallow dish. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Remove defrosted portions, turn over and shield edges with foil strips. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 3-5 minutes.
2	Chicken Pieces (Mid-joint of chicken wings)	0.35 kg	<ul style="list-style-type: none"> Place mid-joint of chicken wings on a shallow dish. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Turn over, rear-range and shield the defrosted portions with foil. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5 minutes.
3	Steaks/ Chops	0.3 kg	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Turn over, rear-range and shield the defrosted portions with foil. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5 minutes.

NOTE


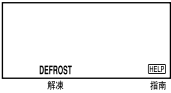






1. When freezing minced meat, shape it into flat even sizes.
2. For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
3. It is also a good idea to label the packs with the correct weights.

Easy Defrost



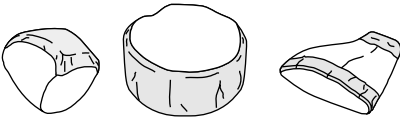

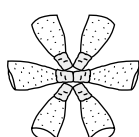
**EASY
DEFROST**
簡便解凍

EASY DEFROST will automatically compute the microwave power and defrosting time.
Follow the details provided in Easy Defrost Menu Guide on page E-19.

* Suppose you want to defrost 1.0 kg of Chicken Pieces:

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.		
2	Press the number pads to enter weight.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. TURN FOOD OVER will be displayed repeatedly.
4	Open the door. Turn over and rearrange. Shield the defrosted portions. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.		 The defrosting time will continue counting down. When it reaches zero, the oven will "beep" and STAND COVERED WITH FOIL will be displayed.

Easy Defrost Menu Guide

MENU	QUANTITY (MIN. – MAX.)	PROCEDURE
Steaks Chops 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Turn over, rearrange and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.
Minced Meat Beef 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Place frozen minced meat on a shallow dish. Shield edges. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Remove defrosted portions, turn over and shield edges with foil strips. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-15 minutes.
Roast Meat Beef/Pork/Lamb 	0.5 - 2.0 kg	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5cm wide. Place joint with lean side face upwards (if possible) on a shallow dish. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Turn over and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 10-30 minutes.
Poultry 	1.0 - 2.0 kg	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on a shallow dish. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Turn over and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 15-30 minutes. <p>NOTE After standing run under cold water to remove giblets if necessary.</p>
Chicken Pieces 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken pieces on a shallow dish. Half way the oven will "beep" and stop, TURN FOOD OVER will be displayed. Turn over, rearrange and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.

Food not listed in the Guide can be defrosted manually using Medium Low power (30%).

NOTE

1. When freezing minced meat, shape it into flat even sizes.
2. For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
3. It is also a good idea to label the packs with the correct weights.

OTHER CONVENIENT FEATURES

Help Feature (INFO)

INFO

功能查閱

1. Auto start
2. Child Lock
3. Demonstration Mode
4. Language
5. Help

The HELP feature has 5 different programs.

(1) Auto Start

The Auto Start feature allows you to set your oven to start automatically.
Auto Start can be used for manual cooking, Slow Cook, Rice or Congee/Porridge.

* Suppose you want to start cooking a casserole for 20 minutes on 50% (MEDIUM power) at 4:30 in the afternoon: (Check that the correct time of day is displayed.)

Step	Procedure	Pad Order	Display
1	Press the INFO pad.	<div>INFO</div> 功能查閱	<div>AUTO START</div> <div>PRESS 1</div> <div>LOCK PRESS 2</div> <div>DEMO PRESS 3</div> <div>LANGUAGE PRESS 4</div> <div>BAHASA TEKAN 4</div> <div>ЯЗЫК НАЖАТЬ 4</div>
2	Press the number 1 pad.	<div>1</div>	<div>AUTO START</div> <div>ENTER</div> <div>START TIME</div>
3	Enter the desired start time.	<div>4</div> <div>3</div> <div>0</div>	<div>4:30</div> <p>The dots (:) will flash on and off.</p>
4	Press the CLOCK pad.	<div>CLOCK</div> 時鐘	<div>4:30</div>
5	Enter the desired cooking time.	<div>2</div> <div>0</div> <div>0</div> <div>0</div>	<div>2000</div> <div>COOK 烹調</div>
6	Set the desired cooking power. (for microwave cooking on 50%, press the POWER LEVEL pad 3 times)	<div>POWER LEVEL</div> 微波強度 x 3	<div>50 %</div> <div>COOK 烹調</div>
7	Press the INSTANT COOK/ START pad.	<div>INSTANT COOK / START</div> 即時烹調 / 開始	<div>AUTO START</div> <div>4:30 ON</div> <p>The oven will start cooking at 4:30 P.M.</p> <div>2000</div> <div>COOK 烹調</div> <p>The timer begins to count down. When the timer reaches zero, all indicators will go off and the oven will "beep".</p>

NOTE

1. To check the current time, simply press the CLOCK pad, the time will be displayed.
2. If the door is opened before cooking has started, close the door and press the START pad to continue with Auto Start function.
3. Press the STOP/CLEAR pad once to cancel Auto Start.
4. The correct time of day must be set before using Auto Start, see clock setting on page E-5.

(2) Child Lock

If the oven is accidentally started with no food or liquid in the cavity, the life of the oven can be reduced. To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

* To set the Child Lock.

After step 1 from Auto Start on page E-20:

Step	Procedure	Pad Order	Display
2	Press the number 2 pad.		
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display.

The control panel is now locked, each time a pad is pressed, the display will show "LOCK".

* To unlock the control panel.

After step 2 above:




Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.		 The time of day will appear in the display. The oven is ready to use.

(3) Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice key operations.

*** To demonstrate.**

After step 1 from Auto Start on page E-20:

Step	Procedure	Pad Order	Display
2	Press the number 3 pad.		
3	Press the INSTANT COOK/START pad.		Then DEMO SHARP MICROWAVE OVEN will appear repeatedly.



Cooking operations can now be demonstrated with no power in the oven.

*** Suppose you demonstrate Instant Cook.**

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down to zero at ten times the speed. When the timer reaches zero, an audible signal will sound.

*** To cancel the Demonstration Mode.**

After step 2 above:

Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.		 The time of day will appear in the display.

(4) Language

The oven has been set for English. You can change the language to Malay or Russian by pressing the number 4 pad.

To change, press the INFO pad and the number 4 pad. Continue to press the number 4 pad until your choice is selected. Then, press INSTANT COOK/START pad.

(5) Help

Each setting of Automatic Operations and Slow Cook has a cooking hint. If you wish to check, press the INFO pad whenever HELP is lit in the display.


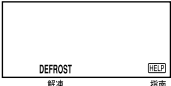






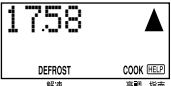
Less/More Setting

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to individual preference, simply press the Less/More pads as adjustment. Press once for more cooking or twice for less cooking.

The Less/More pads can be used to adjust the cooking time of the following features:—

- SENSOR REHEAT
- SENSOR MENU
- EXPRESS DEFROST
- EASY DEFROST

* Suppose you want to defrost 1.0 kg of Chicken Pieces using EASY DEFROST for more time than the standard setting:






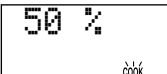





Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.		
2	Press the number pads to enter weight.	 	 COOK will flash on and off.
3	Press the MORE pad.	 x 1	
4	Press the INSTANT COOK/START pad.		

For other features select the menu using the desired pad instead of the EASY DEFROST pad in step 1, and go to step 3.

Adjust Time During the Cooking Program

Cooking time can be increased or decreased during a cooking programme using the "MORE" or "LESS" pad.

* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% (MEDIUM POWER) cooking: (at the moment the remaining cooking time is 1 min. 30 sec.)

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	  	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required. (for 50% press three times)	 微波強度 x3	 COOK
3	Press the INSTANT COOK/START pad.	 即時烹調 / 開始	 COOK The timer starts to count down.  COOK
4	Press the MORE pad twice to increase the cooking time by two minutes.	 x2	 COOK The timer keeps on counting down.

NOTE You cannot use this function for SLOW COOK.






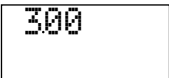
Timer

Use this feature as a general purpose timer. Examples include:

- timing boiled eggs cooked on the stove top; or
- timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase, simply press STOP/CLEAR pad and the display will return to showing time of day.

* Suppose you want to set the timer to 3 minutes for boiling an egg on the stove top:

Step	Procedure	Pad Order	Display
1	Enter desired time.	  	 COOK will flash on and off.
Once the egg has come to the boil in the saucepan you can start the timer.			
2	Press the CLOCK pad .		 The timer begins to count down. When the timer reaches zero, the oven will "beep".

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and REMOVE FOOD will flash on and off in the display after 2 minutes.

If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

CLEAN THE OVEN AT REGULAR INTERVALS

Disconnect the power supply cord before cleaning. And if possible leave the door open to inactivate the oven during cleaning.

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door/Touch Control Panel:

Care should be taken in cleaning the door/touch control panel. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Wipe the front side of the door (including the touch control panel) with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.**

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

1. Does the display light? YES _____ NO _____
2. When the door is opened, does the oven lamp come on? YES _____ NO _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
 - A. Does the oven lamp light? YES _____ NO _____
 - B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilation openings.)
 - C. Does the turntable rotate? YES _____ NO _____
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
 - D. After one minute, did an audible signal sound and COOK indicator go off? YES _____ NO _____
 - E. Is the water inside the oven hot? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, **CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.**

- NOTE:
1. If time appearing in the display is counting down very rapidly, check Demonstration Mode. (Please see page E-22 for detail.)
 2. If you cook the food over 40 minutes on HIGH, the microwave power will be automatically reduced to avoid overheating.

SPECIFICATIONS

AC Line Voltage	: Refer to the rating plate.
AC Power Required	: 1.55 kW
Output Power	: 1000 W* (IEC test procedure)
Microwave Frequency	: 2450 MHz (Class B/Group 2)**
Outside Dimensions	: 495 mm(W) x 355 mm(H) x 525 mm(D)
Cavity Dimensions	: 450 mm(W) x 222 mm(H) x 432 mm(D)
Cooking Uniformity	: Turntable (406 mm in diameter) system
Weight	: Approx. 22 kg

* This measurement is based on the International Electrotechnical Commission's standardised method for measuring output power.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

